



Keynote Speaker

RESILIENCE AND RESISTANCE

Wednesday
January 26, 2022
12:30 pm - 2:00 pm

Join this virtual workshop with Diana to explore themes of mental health, healing, resiliency and resistance. This workshop will expand and integrate knowledge about

- Trauma and Healing
- The nervous system
- Holistic strategies to cultivate sustainability
- Individual and institutional level approaches

Intended Audience: All City employees interested in a skill-based approach to addressing systemic traumas with a spotlight on individual, intergenerational and collective healing.

[CLICK HERE TO REGISTER](#)

Or

Go to the complete schedule of events for Seattle Sheds Light on Mental Health at [Seattle.gov](https://seattle.gov)



Diana Mena
MSW, LICSW, EMMHS

Diana Mena, LICSW (she/her/hers) is a first generation Nicaraguan American raised in Seattle, WA. Diana has a Masters in Social Work from the University of Washington and is the proud owner of Esperanza Counseling and Consulting, PLLC.

As a clinical activist, she focuses on trauma, the psychological consequences of oppression, healing and resilience. She provides consultation race and social justice issues with the hope of leaving a better world for the next seven generations.